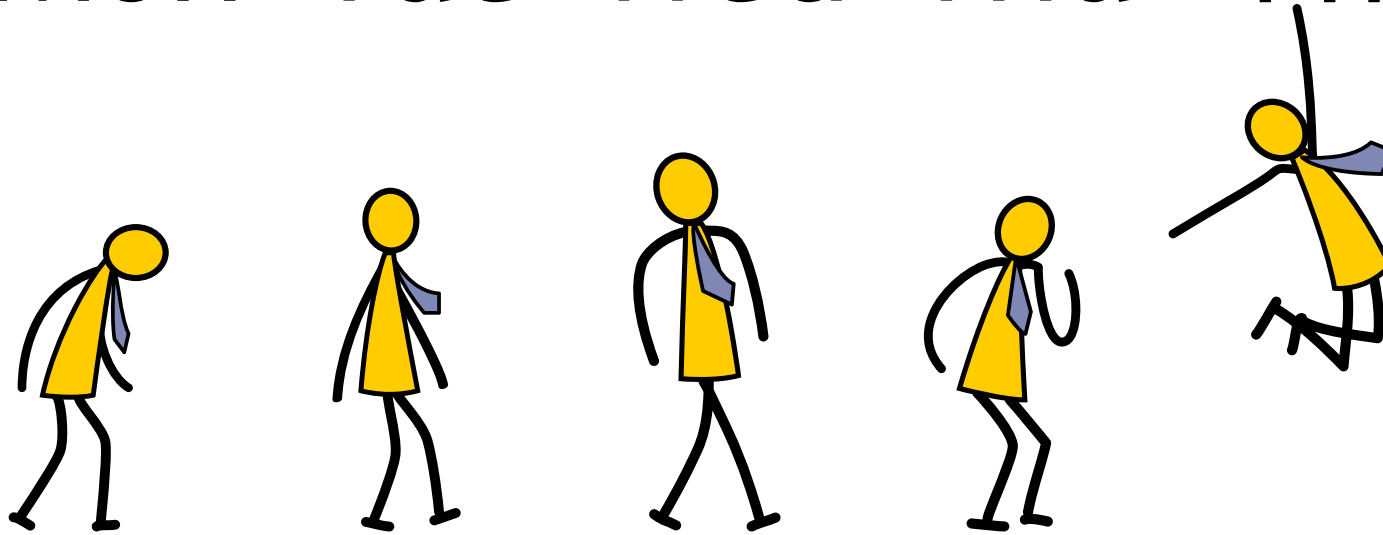


Mon Tue Wed Thu Fri



## **5 STEPS TO A FRIDAY FEELING EVERY DAY OF THE WEEK**

**Step One -** Set Your Intention

**Step Two -** Breathe & Relax

**Step Three -** Swaps & Subs

**Step Four -** "Me" Time

**Step Five -** Affirmations

## **STEP 1**

### **SET YOUR INTENTION**

Get yourself a nice notepad or journal and a pen.

Upon waking in the morning find a quiet space, preferably where you won't be disturbed . Get up 15 minutes earlier to fit this in if necessary as the trade off is invaluable.

This is where you are going to set your intentions for the day ahead. In your journal write down the answers to the following questions...

**1.What sort of day do I want today?** Just allow your thoughts to come and go freely, don't judge as to whether it's going to happen or not or if it's realistic or not. This is an opportunity for you to focus on how you would like your day to go and empower yourself for the day ahead.

**2. How do I want to feel today?** Focus on how you want to feel, energised, happy, productive, proud of myself etc. We often focus on what we don't want rather than on what we want and so this will set our intention to feel more positive.

**3. What do I need to get done first?** Create a list in order of importance so any tasks that are priority are at the top of the list first and so on. This helps to get organised and focus on what needs our attention first so that at the end of the day if the lesser important tasks are not completed yet we still get the satisfaction knowing we've sorted the prioritised ones. You can always add any uncompleted tasks to tomorrow's list and move them up the priority scale appropriately.

## **STEP 2**

### **BREATHE & RELAX**

Throughout the day we collect stress as we move between tasks. Here's a great, simple technique that brings immediate peace and releases stress, allowing your body and mind to return to the mindful awareness you have set for the day.

After each task or work session simply close your eyes and breathe in for the count of 4 and upon breathing out say the word *RELAX* either silently or out loud if you prefer and allow your shoulders to completely release any tension there. Repeat 3/4 times and as often as you require. It's important though to do this step at the end of your work day as you finish your role as 'worker' and step into the role of parent or spouse. Maybe ask yourself, what sort of a wife/husband/partner/mum/dad do I want to be this evening?

### **STEP 3**

#### **SWAPS & SUBS**

We all reach for unhealthy foods when we are stressed or tired and as a result, trying to stick to a healthy diet feels like too difficult a regime to maintain. Instead of imposing high expectations and rules on ourselves, agree to swap one unhealthy food item per day for a healthy substitute. So for example if you always eat biscuits mid morning then take a healthier option instead such as a piece of fruit or a handful of nuts etc. Don't worry about the other unhealthy foods for the rest of the day...small, achievable steps remember! It takes approximately 21 days to break a habit of this complexity and form a new one, which means your subconscious mind will adopt the behaviour as a normal part of your daily routine. Once this happens you can then move on to swapping another high calorie food item for a healthier substitute.

### **STEP 4**

#### **ME TIME**

Our days are mostly full of input, information overload, people talking to us, at us, demanding from us, screens glaring at us with even more information and before we know it we can feel like steam is beginning to erupt from our overworked, exhausted brain! Make it your goal to have 10 minutes by yourself, preferably outdoors around lunch time. Either at work or at home. Find just 10 minutes where you can simply be with no phone, no book, just by yourself and with your own thoughts. Not judging or criticising, just noticing your thoughts and allowing them to drift in and out of your mind. If it's raining then grab a brolly or if it's monsoon weather then stay indoors and do it there...preferably in a room you don't work in.

## **STEP 5** **AFFIRMATIONS**

Affirmations are helpful statements that focus the mind positively such as, 'I am strong and beautiful'. It is widely believed in psychology that if you repeat them often, you will accept the statement as true and you can then start to make positive changes. This doesn't work for everyone as some don't believe the affirmative statement is true. However, Noah St. John discovered that seeing things as if they've already happened by turning positive statements into 'why' questions, allows the subconscious mind to get to work immediately and search for answers to the 'why' questions thus affirming the question as truth. He named these as Affirmations and subsequently wrote a book explaining the whole process. For example the affirmation 'I am strong and beautiful' would become 'Why am I strong and beautiful?'

The subconscious mind gets to work best when our brain waves slow down for instance during sleep, deep relaxation or hypnosis. So before you go to sleep at night, reach for your journal and write one or two affirmations that you would like your subconscious to get to work on such as, 'Why am I becoming healthier and slimmer every day?' or 'Why do I choose the exact foods to eat to help my body stay healthy?'



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